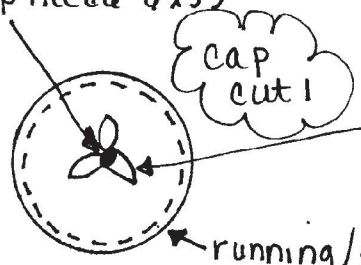
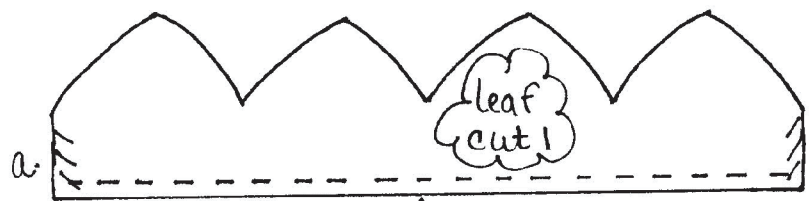


French knot - 6 strands
(wrap needle 4xs)



3 detached chains
6 strands

running/gathering stitch
2 strands



whip stitch - connect
side a to side b
2 strands

running stitch/
gathering stitch
2 strands

